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**16 I. METHODS**

*Table I.1.* A Simple Cross-Sequential Design<sup>a</sup>

Date of Birth	<u>Time of Measurement</u>	
	1960	1970
1900	$\bar{X}_{60}$	$\bar{X}_{70}$
1910	$\bar{X}_{50}$	$\bar{X}_{60}$

<sup>a</sup>Subscripts indicate ages

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*Table I.2.* A Simple Time-Sequential Design<sup>a</sup>

Age	<u>Time of Measurement</u>	
	1960	1970
60	$\bar{X}_{1900}$	$\bar{X}_{1910}$
70	$\bar{X}_{1890}$	$\bar{X}_{1900}$

<sup>a</sup>Subscripts indicate dates of birth